

Southland Club Has Gay Night.
"Georgia evening" was celebrated by the Southland Club last night in the Hotel Ansonia. Mrs. Clifford Williams was Chairwoman of the entertainment committee, and the guests of honor were Senator Hoke Smith, Mrs. Katherine Gray Nelson and Mrs. Sidney Lanier. On the programme were J. Wilhelm Wilson, baritone; Grace Hornby, contralto; James S. Boone, Will J. Stone and Mrs. Mary McLeod Tootle. Afterward there was a dance.

STOP DANDRUFF! HAIR GETS THICK, WAVY BEAUTIFUL

Girls! Draw a cloth through your hair and double its beauty.

Spend 25 cents! Dandruff vanishes and hair stops coming out.

To be possessed of a head of heavy, beautiful hair; soft, lustrous, fluffy, wavy and free from dandruff is merely a matter of using a little Danderine.

It is easy and inexpensive to have nice, soft hair and lots of it. Just get a 25-cent bottle of Danderine. Danderine now—all drug stores recommend it—apply a little as directed and within ten minutes there will be an appearance of abundance, freshness, fluffiness and an incomparable gloss and lustre, and try as you will you cannot find a trace of dandruff or falling hair; but your real surprise will be after about two weeks' use, when you will see new hair—fine and downy at first—yes—but really new hair—sprouting out all over your scalp—Danderine is, we believe, the only sure hair grower, destroyer of dandruff and cure for itchy scalp and it never fails to stop falling hair at once.

If you want to prove how pretty and soft your hair really is, moisten a cloth with a little Danderine and carefully draw it through your hair—taking one small strand at a time. Your hair will be soft, glossy and beautiful in just a few moments—a delightful surprise awaits everyone who tries this.—Advt.

Two Eye Dangers To Guard Against

One is neglect of the eyes. The other is incompetent examination, with the usual result—Missed Glasses.

Don't Neglect
your eyes and don't trust the examination of them to any one who cannot show an **Optometrist's State certificate of Registration**
Published by the Optometrical Society of the City of New York.

HOME GYMNASIUM FOR WOMEN

BY PAULINE FURLONG

The Chest-Raising Exercise.

To-day I shall give you a thorough description of the chest-raising exercise, so valuable in broadening the narrow chest, filling up hollows in the neck and rounding out the shoulders and bust.



PAULINE FURLONG.

Chest raising from the wall, being the least difficult of all of the great variety of chest exercises which have been illustrated in the past series, should be practised by beginners. This consists of taking your position several feet from the wall and, while keeping the palms of the hands flat on the wall, lower the chest until it touches the wall. Do not bend the knees nor move the feet.

This same exercise may be practised in a corner of the wall, which, of course, makes it much more difficult. Begin the chest-raising exercise from the floor.

Only the toes and palms of the hands should touch the floor and the body should be perfectly rigid and form a straight line from the head to the heels. Lower the chest until it touches the floor and do not raise the hips nor back when lowering the chest.

The object of this exercise is to strengthen and broaden the shoulders and fill out the neck and arms, and the entire weight of the body must come on the arms to accomplish results. Chest raising from the floor is a very severe exercise and must be practised with caution, if at all, by beginners.

This important exercise also corrects round shoulders and protruding collar bones within a few weeks; and if deep breathing exercises are also indulged in each day, a wonderful improvement in the chest, shoulders, arms and bust will be noticed in a remarkably short time.

Letters From Evening World Readers Following Miss Furlong's Lessons.

THROAT EXERCISES.—E. M. P. asks: "In your recent articles for the first, would the blows from the fist and striking be harmful in a case where the glands in the front of the throat are hard and about the size of a hazel nut?"

The percussion and heavy massage for the double chin, which was illustrated and fully described during September, did not advocate pounding the throat. These were for the heavy fat at the sides of the face and jaw. I would advise you to consult a physician about the enlarged glands.

RUSH OF BLOOD TO THE HEAD.—A READER asks: "Will reading and study (when one sleeps all the time) produce rush of blood to the head, or does this condition not arise from stomach trouble or indigestion?"

This condition is usually due to over-eating, indigestion and constipation and is caused by retained waste in the system. It sometimes results from over-work, study, worry, planning for to-morrow and undue effort of mind and body. Less food, more water and exercise will overcome it. All leg exercises will relieve

the congestion of blood at the base of the brain and produce sleep.

FATTENING FOODS.—MRS. P. L. T. asks: "Are prunes, English walnuts, figs and raisins fattening?"

Yes.

MEASUREMENTS.—MRS. M. M. asks: "I have been reading your articles since they began and, as I desire poise, grace and a good figure and carriage, I am asking you which exercises I should take. I am a little inclined to be stout. I am five feet four inches tall, what should I weigh? Have a forty bust. Is that too large? Is the figure measurement taken with or without a corset?"

You should weigh about 125. Your bust measurement is four inches too large. It should measure thirty-six, or not more than thirty-seven. Yes, take the measurements without the corset and shoes. Any and all of the exercises and light diet will help to bring you to normal, if you are not very stout. Balancing exercises, leg swinging, etc., will add grace and poise.

OILY HAIR.—Miss C. W. writes: "My hair is blond and very fine and thin, and is exceptionally oily. Every tonic I use makes it streaky and I have to shampoo it every four or five days, as by that time it is heavy with oil and has a disagreeable odor. Please advise me."

Use plain castile soap, shaved and melted, for the shampoo. Do not brush the scalp or hair, as the oily condition shows the glands to be already overstimulated. Two tablespoonfuls of lime water and two beaten whites of eggs make an effective shampoo for the oily scalp and hair. Do not use soap if you use the egg shampoo. Wet the hair well with a spray before applying any shampoo mixture. Do not massage the scalp if the hair is oily.

LARGE THIGHS.—Mrs. Hazel M. asks: "Will you please tell me how to reduce large thighs? My hips are not very large."

Leg circling, practised in a reclining position, will reduce the thighs.

FEVER BLISTERS.—MABEL T. L. asks: "What can I put on fever sores to remove them?"

Touch them with nitre on a puff of cotton. They come from internal disorders and bad combinations of foods. Treat internally also.

SCRAGGY NECK.—Mrs. P. asks:

To demonstrate the efficacy of properly chosen diet and exercise in the reduction of superfluous flesh, Miss PAULINE FURLONG, on Monday next, will begin a four weeks' course of treatment, using as her subject a woman weighing 210 pounds.

This woman has been selected from a number who applied in response to the offer recently printed in THE EVENING WORLD. Her name and a chart recording her weight and measurements will be published Monday, together with an outline of the initial "reduction" schedule, to which she will conform under Miss Furlong's personal supervision.

THE EVENING WORLD presents this interesting test for the benefit of its readers by showing conclusively the results obtainable from a proper observance of Miss Furlong's rules for diet and exercise.

Order THE EVENING WORLD from your newsdealer in advance. Charts recording results accomplished will be printed each week and a complete record of the course will be published every other day.

"Can anything be done to improve the appearance of a scraggy neck? Mine was caused by taking hot soda baths in a rubber chair, advised by a physician."

Cold alum solution applied to the throat and allowed to dry on, without rubbing, will harden and shrink the loose skin on the neck and chin.

DOUBLE CHIN.—MRS. T. K. asks: "Can you recommend something to overcome a double chin and sagging jaw? I am not fat and do not understand why I should have a double chin."

Relaxed muscles cause more double chins than excessive fat. Tensing the muscles and bending the head forward, backward and from side to side will strengthen the muscles and bring a youthful contour to the chin and lower face. Send me 10 cents and I will send you these articles. Please repeat your question.

ALWAYS THIRSTY.—ARTHUR K. asks: "Why do I always get so thirsty for water after meals? Do you know what causes this?"

Indigestion causes it.

THE MAN TO MARRY.
(From the Pittsburgh Post.)

"Some men think that anything which belongs to them is the finest specimen of its kind."

"What of it, mother?"

"That's the sort of a man to marry."

Kuppenheimer Overcoats at \$18.00



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THE HOUSE OF KUPPENHEIMER

WATER BEGINS FILLING HILLVIEW RESERVOIR

Immense Basin at Yonkers Has a Capacity of Nine Hundred Million Gallons.

Forty million gallons of water is flowing to-day into the Hillview Reservoir in Yonkers, one of the storage basins in the Catskill aqueduct system, and every day this same amount will flow until the basin's capacity of 900,000,000 has been reached. The reservoir gates were formally opened late yesterday afternoon by Charles E. Wells, the division engineer, and Arthur Tidd, his assistant. There was no ceremony. It will require about three weeks to fill the Yonkers reservoir.

The water comes from the Kensico Reservoir at Valhalla, seventeen miles away, through the great aqueduct tunnel. It is the Ashokan Reservoir in the Catskills which supplies the water to the Kensico basin, which is by a seventy-five-mile tunnel route. The Hillview Reservoir cost \$1,500,000 and is the third largest basin in the new water system. It will be possible to supply water to New York from it next January.

CLARK FOR PREPAREDNESS.

ATLANTA, Dec. 1.—"I am in favor of enough preparedness to flog any nation which jumps on us, which I don't believe will ever happen," said Champ Clark of Missouri, Speaker of the National House of Representatives, who, with Mrs. Clark, passed through Atlanta last night on their way to Washington for the opening of Congress.

Clark said he thought the army would be increased by this Congress. He favored an adequate navy, but what constituted an adequate navy would have to be determined after consultation.

Plans International Fair.
SAN ANTONIO, Tex., Dec. 1.—Plans for an international fair here in 1918 to celebrate the 200th anniversary of the founding of San Antonio by the Franciscan monks were launched to-day. Four hundred delegates from outside points promised support to the fair. It is proposed to raise a fund of \$1,000,000 for the exposition.

ESCAPED WHEAT SEIZURE.

Two Lake Vessels by Quick Action Got Away With 80,000 Bushels.

PITTSBURGH, Dec. 1.—Word reached here to-day that the big lake freighters Col. J. M. Schoonmaker and Shenango, owned by the Shenango Furnace Company, had won against the Canadian seizure of wheat and were on their way to lower lake ports with 80,000 bushels, the last of the fleet to get away before the official closing of navigation on the Great Lakes last night.

The Schoonmaker was loading at Port Arthur and the Shenango at Fort William when the embargo on wheat became effective. It included these vessels, and while the Pittsburgh owners felt certain an appeal to Washington would have released their cargoes, they knew navigation was about to close and any delay would mean that the ships must be interned in the Canadian ports for the winter. Officers of the Shenango Company took the question up direct with the Canadian Government and the cargoes were quickly released.

To Put on Flesh And Increase Weight

Simple Directions Easy to Follow

This men and women who would like to increase their weight with ten or fifteen pounds of healthy "meat there" fat might with profit follow the example of H. B. Downs and try eating a little Hargol with their meals for a few weeks and note results. Here is a test that many say they have found well worth trying. First weigh yourself and measure your chest. Then take Hargol—one tablet with every meal—for two weeks. Then weigh and measure again. It isn't a question of how you look or feel or what your friends say or think. The scales and tape measure will tell their own story. This simple test has been made by thousands, and that Hargol is followed by increase of weight is evidenced by letters such as the following from Mr. Downs himself, who writes: "When I began to take Hargol I could not eat much and was thin as a rail, weighing 140 pounds, being six feet tall. But now everyone is asking me what I did to regain my health. My nerves are stronger and I weigh 185 pounds. Am feeling fine."

The case cited above is but one of many indicating that increased flesh and weight follow the use of Hargol. It is harmless, and is sold by practically every reliable druggist in each large package, that steady use will increase weight to a satisfactory degree or money paid will be refunded.—Advt.

Stern Brothers

42nd and 43rd Streets, West of Fifth Avenue

Women's Outer Apparel

A specially prepared sale of unusual interest on the Third Floor, To-morrow, will present

Women's Tailored Suits

two entirely new models, made of broadcloth, lined with peau de cygne and warmly interlined, at \$18.50 and 29.75

Women's Separate Skirts

for street, sport and dress wear; of serges, broadcloths, corduroys, tweeds and heather mixtures. at \$5.00

The Toy Department

On the Fourth Floor, is now at its best. The large assortments of both foreign and American playthings offer a wide selection for boys and girls of every age, ranging from the inexpensive novelty to the most costly imported toys. There are demonstrations going on all day throughout this section which the children will find both instructive and amusing.

THE KINDERGARTEN TOYS

Are worthy of special attention and include:

Basket Making Sets, Sewing Outfits, Stencils, Drawing and Picture Tracing Sets, Pairs, Cut Outs, Paper Dolls, Weaving, Mosaic and Clay Modeling Outfits.

at 25c, 50c, \$1.00 up to 5.00

Women's & Misses' Sweaters

Of the most desirable grades of Fibre Silk; also Angora and Zephyr Wool, appropriate for Christmas giving. AT SPECIALLY REDUCED PRICES.

Women's Sweaters, of angora zephyr wool and fibre silk, in both imported and American models; desirable colors; values up to \$7.50, \$4.95

Women's All Wool Sweaters, made with collar and belt, in all the newest colors, at \$7.50

Misses' Sweaters of angora wool; collar and belt; value \$4.50; priced exceedingly low, at \$3.95

Women's and Misses' Reefer Sets, in all the fashionable Winter colorings; special at \$1.95

The Dress Goods Depts.

Are showing on the Second Floor an unusually distinctive assortment of

Fashionable Winter Coatings

including Silk Velour Plush, Broadtail, Baby Lamb, Caracul and Astrakhan Cloth in black and colors; also Wool Velours, Chinchillas and Scotch Mixtures, at very reasonable prices.

AN EXCEPTIONAL OFFERING, TO-MORROW, OF

Dress Patterns for Holiday Gifts

in all wool and silk and wool materials, such as serges, chevots, velour de laine, broadcloth, mohair, poplin, crepes, voiles and mixed tailor suitings.

Per Pattern:

\$3.75, 4.50, 6.75 to 12.75

Broadtail and Novelty Silk Plush

48 inches wide; suit and coating weight; in black and a wide range of the most fashionable colors.

At the special price of \$4.50 a yard

"New York's Leading Victrola Stores"

Landay

4 Stores

437 FIFTH AVENUE
(AT 57TH STREET)
21 WEST 34TH STREET
(BET. 5TH & 6TH AVES.)

Victor Factory Distributors
Telephone Murray Hill 3700
Send for Catalogue

563 FIFTH AVENUE
(COR. 49TH STREET)
23 WEST 42D STREET
(BET. 5TH & 6TH AVES.)

Victrola Supremacy —is at Landay's

BUY your Christmas Victrola here—where you can select from the largest stock in New York.

Every new model Victrola is now on exhibition at our Four Showrooms, in all different woods and finishes, from the modest \$15 Victrola to the finest \$300 Victrola eighteen.

Don't wait until Christmas week. Come now while the variety is at its best—the Victrola will be delivered when desired.

EASIEST PAYMENT TERMS ON ALL OUR VICTROLAS

FOR THE CONVENIENCE OF PATRONS
Open Evenings at 23 West 42d Street



This Popular
Victrola XI

\$100

Purchasable together with records amounting to \$5 TOTAL \$105 on payment of a small deposit.

Balance payable in small monthly or weekly payments.

Apartment

are quickly rented through advertisements published in the

Sunday World

Your advertisement will get a greater circulation than the combined city circulation of the Herald and Times added together.

Readers! Results! Reliability!

J. BAUMANN & BRO

AT 84 ST & 3 AVE.
\$1.00 A WEEK
Opens an Account
Our Liberal CREDIT Terms apply also to Long Island, New Jersey and Connecticut.
We Pay Freight and Railroad Fare

China Closet
In quartered oak, golden finish, high top, 21 drawers, 21 special \$21.00

Buffet
In quartered oak, golden finish, French plate mirror, 21 drawers, 21 special \$27.00

Dining Table
In quartered oak, golden finish, 21 drawers, 21 special \$16.98

3 ROOMS Completely Furnished, \$75 4 ROOMS Completely Furnished, \$125 5 ROOMS Completely Furnished, \$150

3 Ave. Cor. 84th St.

IF YOUR WAIST MEASURE WAS 39!
A WOMAN WEIGHING 210- TESTING MISS FURLONG'S EXERCISES TO REGAIN HER FIGURE SEE THE START OF THE SERIES IN THE EVENING WORLD MONDAY NEXT